



How to become a more active and attentive parent ?



Without seeking to become a perfect parent (because it does not exist), you can become a more active and present parent in your child's life.

Here are some tips to be more present for your child and enjoy beautiful moments together:



1. When you are with your child, really be there for him! Spending quality time with your child in busy everyday life can seem like a real challenge. However, by making even small changes in the moments you share together, you can make a big difference in how your child sees the moments spent together.



For example, after preparing breakfast, sit at the table with your family and eat together the meal you prepared!



2. When you do an activity with your child, give him your full attention. Put down your phone, turn off the TV and close your computer. If your mind starts thinking about work or your responsibilities, that's normal! Bring your attention back to the present moment!

3. Be spontaneous with your child, don't hesitate to dance, sing or make him laugh! Every moment is an invitation to live the moment to the fullest!



REMEMBER... Children are like mirrors, they react to your presence. Being a more active parent is not only beneficial for your parent-child relationship but also for your family life. Teaching your children mindfulness can help them reduce stress, solve problems calmly, better accept and regulate their emotions, and create peace in your family!

